

BASIC FIRST AID

Priorities of First Aid

In any accident or emergency situation remember **DRABC**.

■ **D** is for Danger

-Initially, assess the situation and ensure safety to self, casualty/victim and bystanders.

■ Get help [activate Emergency Medical Services (EMS)] or with the help of bystanders

Emergency phone numbers in Brunei Darussalam are:

- ❖ Emergency Medical Services (EMS) Ambulance Service **991**
- ❖ Royal Brunei Police Force **993**
- ❖ Fire Brigade (BOMBA) **995**
- ❖ Search and Rescue **998**

■ Give emergency aid or care:

R is for Response

- assess whether victim is conscious or not

A is for Airway

- Tilt the victim's head, support the jaw to open the airway and clear the mouth of any objects (e.g. dentures) or secretions (e.g. vomitus)

B is for Breathing

- For up to 10 seconds,

LOOK if patient's chest is moving

LISTEN for breath sounds

FEEL for any exhaled air

C is for Circulation

-Feel for a (carotid) pulse and look for changes in the skin colour.

- Place victim in the recovery position

**!DO NOT MOVE THE VICTIM IF THE VICTIM IS SUSPECTED TO HAVE A BACK
OR NECK INJURY!**

Place casualty in the recovery position if he / she is:

- i) unconscious,
 - ii) breathing, and
 - iii) pulse palpable.
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- ✓ First, move the casualty's nearest arm as though he/she is waving
 - ✓ Lift the casualty's furthest knee and bring his/her furthest hand on top of the stomach
 - ✓ Using the casualty's knee as a lever, roll him or her towards you
 - ✓ Place furthest hand with palm down under the casualty's face
 - ✓ Gently tilt the head back to keep the airway open
 - ✓ Pull the casualty's furthest knees over and onto the ground so that both hips and knees are bent at right angles
 - ✓ Keep the victim warm until medical help is obtained

Check the airway, breathing and circulation after 1 minute and thereafter every 3 or 4 minutes until the arrival of competent medical personnel or until appropriate medical care is given.